

Wellbeing Warriors

Purpose:

During Children's Mental Health Week, the Wellbeing Warriors focused on how exercise and being outdoors support positive mental health. Pupils took part in an outdoor wellbeing circuit, designed to get bodies moving and help children feel calm, happy and ready to learn.

Wellbeing Warriors led the activities and explained how exercise helps our minds, supporting the school value of Belonging by encouraging everyone to take part, feel included and support one another.



Impact:

- Pupils across the school engaged positively in the wellbeing circuit, creating a happy, active and inclusive atmosphere.
- Children developed a clearer understanding of how movement and fresh air support mental wellbeing, especially during Children's Mental Health Week.
- The activity strengthened the sense of Belonging at St Ann's, as pupils worked together, supported each other and shared responsibility for wellbeing.



Pupil Views:

- "I felt more energised after completing the circuit." Felix
- "I had so much fun!" Harry
- "We worked as a team to complete the circuit." Emma

